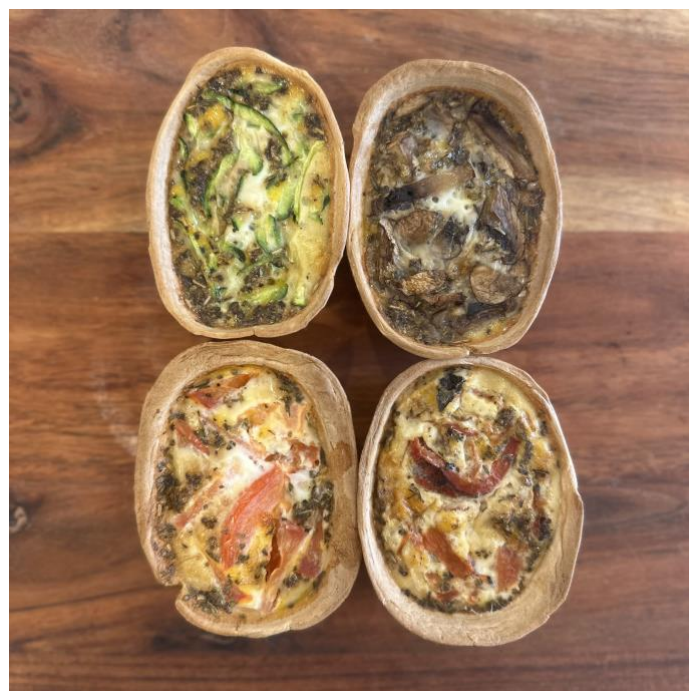


EGG BOATS (serves 1)

INGREDIENTS:

- 1 WHOLE EGG
- 100ML PUREGG EGG WHITES
- ZUCCHINI (*GRATED*)
- MUSHROOM (*SLICED*)
- TOMATO (*DICED*)
- ROASTED PEPPERS (*SLICED*)
- MIXED HERBS (*TO TASTE*)
- SALT & PEPPER (*TO TASTE*)
- 4 OLD EL PASO MINI STAND & STUFF TORTILLAS



METHOD:

1. Pre-heat oven to 180°C.
2. Combine whole egg & egg whites into a bowl & whisk well.
3. Place zucchini, roasted peppers, mixed herbs, salt & pepper into egg mix & stir.
4. Place mini tortillas on a baking tray & evenly distribute egg mix.
5. Place in oven & cook for 10 – 15 mins or until egg mixture cooks.

** Alternatively, you can cook in an Air Fryer at 180°C for 10 minutes.
Ensure you stir mix at the halfway mark to get an even cook.

TIPS:

- *Experiment with different vegetables & flavour combinations.*